

A Taste of Acadie

THE ACADIAN KITCHEN



On the whole, Acadian cooking is uncomplicated. The number of ingredients is kept to a minimum, and methods of preparation are relatively simple and very straightforward.

The three meals of the day were enjoyed in the morning, midday and evening. Present-day Acadians call these meals *déjeuner*, *diner* and *souper* respectively, retaining some of the 18th century terminology which distinguishes the Acadian dialect from standard French.



BEIGNETS A LA RAPURE (Potato Pancakes)



For a taste of Acadie enjoy Beignets A La Rapure, a favourite dish in many Acadian households.

Ingredients:

6	potatoes, peeled and finely grated	6
1 ts	salt	5 mL
1/4	cup flour	50 mL
1	Tbsp fat	15 mL

Directions

Grate and drain the potatoes. Blend them with the flour, salt and pepper. (An egg or 1 heaping tsp/5 mL of baking powder may be added if desired to ensure that the mixture holds together.) Heat the fat in a skillet. Add spoonfuls of the grated potatoes and flatten them to make small pancakes about 4 inches/10 cm in diameter and 1/2 inch/10 mm thick. Fry the pancakes until each side is brown and crisp. Makes 12 pancakes.

Variation

To make one large potato pancake rather than small ones, simply use some extra fat, and put the mixture into the skillet. Fry at a low temperature until each side is golden crisp.

RAPURE (Rappie Pie)

This is a favourite Acadian dish and is served at most special occasions and gatherings. The preparation of rapure is fairly similar in most regions. The various ingredients vary from one area to another and even from one family to another. Some Acadians add chicken, others add pork or seafood, and still others use only grated or mashed potatoes or sometimes day-old bread.

Ingredients

1	chicken	1
3	large onions, chopped	3
12	large potatoes, peeled	12
1/2	pound salt pork fat, cubed	250g
	salt and pepper to taste	

Directions

Cut the chicken into large pieces, and put them into a pot with just enough water to completely cover the meat. Add the onions and simmer until the chicken is tender. Remove the chicken from the pot, and save the broth. Take the meat off of the bones, and cut it into small pieces.

While the chicken is simmering, grate the potatoes into a bowl. Extract all of the water and starch from the potato mixture by putting it in cheesecloth or a cotton bag, and squeeze vigorously. Place the squeezed potato mixture in another bowl and keep it covered. Make sure the air doesn't touch the potato mixture, or it will turn black.

Scald the potato mixture by gradually pouring in the boiled broth in an amount equal to 2/3 of the water and starch extracted from the potatoes. Season to taste with salt and pepper. After the mixture is ready, butter or use non-stick spray to grease a cooking pan. Sauté half of the cubed salt pork. Put the potato mixture and the chicken into the cooking pan, and add the sautéed salt pork. Cover with the remaining potato mixture. Add the rest of the salt pork cubes on top of the rapure. Bake for 2 1/2 hours at 350 degrees Fahrenheit, or until the top is uniformly brown.

Variation

Replace the chicken with mussels, clams, beef or hare.

Secrets to making good Rappie Pie

The trick is to wrap the grated potato in cheesecloth and squeeze all of the water out and then keep it completely covered to make sure no air touches the potato. This prevents it from turning black. (See photo right.)

RAPPIE PIE WORKSHOP w/ Marc Bastarache
Aug. 12, 2024, 2 - 5 pm, \$24.76 pp (www.eventbrite.ca)
Belleisle Hall Acadian Cultural Centre

